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Beaks and Feathers

NEWSLETTER 3RD QUARTER 2012

OCTOBER 1, 2012

This Quarter's Adoptions

Florida Parrot Rescue has adopted 145 birds so far for 2012 as of September 30th! With close to 120 birds in rescue at this time, we need to keep up this momentum and continue to spread the word to our families, friends, co-workers and anyone else you can think of. Keep in mind we always need new fosters as well. We have approximately 15 birds on the waiting list needing to come into rescue at the moment, and we soon have to close intake due to slowing adoptions and limited room in foster homes.

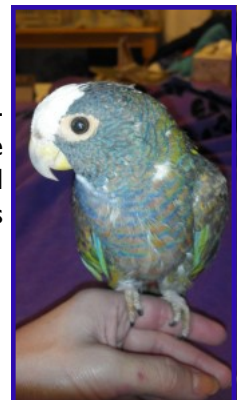
Remember that our foster/adoption application is available on our website (www.floridaparrotrescue.com) and can be e-mailed after completion to flparrotrescue@aol.com. We begin processing applications as soon as we receive them electronically. Requirements for adoption or foster are as follows: all dogs and cats owned must be up to date on vaccinations, dogs must be on heartworm prevention, all birds owned must have been seen by a vet within the past year with a minimum of an exam and gram stain (not just wing and nail trims). If the vet reference passes, there will be a home interview by an FPR member. Please e-mail if you have any questions!

The following birds were adopted in July, August and September of 2012: Alex (Quaker

Parrot); Anna (Cockatiel); Baby Boy (Cockatiel); Bananas & Baby (Pair of Cockatiels); Bandit (Blue & Gold Macaw); Bo (Blue Headed Pionus); Bob (Cockatiel); Casey (Cherry Head Conure); Chance (Ruby Macaw); Chloe (Goffins Cockatoo); Crystal (Alexandrine Parakeet); Cuervo (Blue & Gold Macaw); Daisey Mae (Quaker Parrot); Dini, Mimi, Phome, Nini, Zeke & Sam (Flock of Parakeets); Dolli (Cockatiel); Dora (Lovebird); Gidget (African Grey); Gracie (cat); Hal (Eclectus); Jackson (Shihtzu); Jengo (African Grey); Jocko (Pacific Parrotlet); Kiwi (Green Cheek Conure); Kismet (Yellow Naped Amazon); Kona (Blue & Gold Macaw); Larry, Curly & Moe (Trio of Parakeets); Lucy (Sulfer Crested Cockatoo); Maui (Blue & Gold Macaw); Max (Severe Macaw); Max (Cat); Millie (Goffins Cockatoo); Missy (Boxer); Oliver (Cat); Paco (Military mMacaw); Peaches & Bridgette (Pair of Lovebirds); Pickles (Canary Winged Parakeet); Pickles (Cat); Pixie (Severe Macaw); Ringo (Yellow Naped Amazon); Romeo, Juliet & Petey (Trio of Lovebirds); Rosie (White Capped Pionus); Sammy (Senegal parrot); Seafoam (lovebird); Sherbert & Sophie (Pair of Lovebirds); Sierra (Nanday Conure); Skeeter (Severe Macaw); Stevie (Red Lored Amazon); Sunnie (Indian Ringneck Parakeet); Sterling (African Grey); Tango (Cat); Tiberius (Parakeet); Toby (cat); Tuney (Dusky Conure); Vegas (Datsun); Zeke (Quaker parrot); and Zoe (Blue & Gold Macaw).



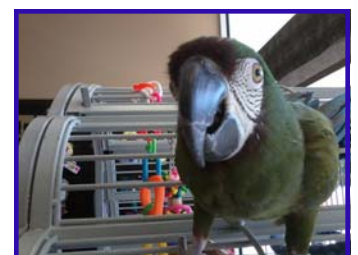
Sunnie - Indian Ringneck Parakeet



Rosie - White Capped Pionus



Pickles - Canary Winged Parakeet



Pixie - Severe Macaw

Letter From The Director



**Jennifer Underwood
James - Co-founder,
Director and
President of Florida
Parrot Rescue, Inc.**



Michael Sliwa



Jennifer McConnell & Katie



Joanne Wood

Dear friends and supporters,

We volunteers are often asked the question "Why a rescue bird?"

We often hear that people believe that birds in rescue are less desirable than birds in pet stores, or a baby bird from a breeder. Some people believe rescue birds make unfit pets or that they will not bond unless they raise them from a baby. While there are some birds that should be placed in a sanctuary setting (usually less than 1% of the birds that come to us) most birds that we get in are in need of the human companionship they are accustomed to, and thrive because of that attention and will bond tightly with their new families.

So many times we have witnessed hand fed babies who were not raised correctly that need a lot of behavior modification before they can be placed in their new home. People purchase these babies and have no idea what they are getting themselves into. Lack of attention, stimulation and poor husbandry are only a few of the reasons that what seems like a perfectly friendly bird can turn in to a problem child.

On the flip side, we have many birds that have come from true "rescue" situations that quickly realize their new surroundings are ones that can be trusted and really thrive on that love and return the love ten fold. The reason that we believe so strongly in foster homes is that in a home environment our fosters are able to evaluate and work with each bird that comes in on an individual basis. They can evaluate personalities and decode behavior "problems" then work through each bird's issues so that when the birds are ready for adoption not only do you get a wonderful companion, but you have a good picture of how they got there. So please consider adopting a bird today, they need your love and care and in return, you will get a companion for life!

Yours,

Jennifer U. James

Volunteers of the Month

JULY

Michael Sliwa has been with Florida Parrot Rescue since July 2009. In May of this year, he, like many Americans, lost his job of 15 years with the same company. He has spent his time job hunting as much as possible and helping out for the rescue. In the month of July, he made 8 trips to the vet within a two week period. Some of the trips were to help another volunteer with bringing their bird back and forth for treatment. Mike is married to Jennifer Sliwa, whom is also foster coordinator for Central Florida and he helps her out greatly with making calls, giving birds medicine, and of course, transporting. Mike has found a sincere passion for helping these feathered babies and is now considering going back to school to become a veterinarian technician.

AUGUST

Congratulations to Jennifer McConnell and her wonderful kids, Jonathan, Katie, & Stephanie. Recently, FPR received a call from a good Samaritan who found an injured cockatiel on her porch. Jen and her kids jumped in the car and picked up the bird. Jen's girls named the little guy Picachu and Jen took him straight to the vet. His condition was critical for those first few days, and without Jen & her family this boy would not have made it. Now, after a toe amputation and a series of antibiotic injections, he is on the mend. Jen is to be commended not only for her time and generosity, but also for the fantastic job she is doing raising children who are learning from her example, to be kind to those in need!

SEPTEMBER

JoAnn Wood is volunteer of the month for September. Joanne never gives a second thought to going out of her way to volunteer to do home-interviews, cage delivery and donation pick-ups. Even in the middle of finding a new home and packing to move to Deltona, she still stepped up to help with all the requests for help. She is an amazing high energy gal and has a lot of love for birds in need! We are so glad to have her as part of Florida Parrot Rescue! Without volunteers like Joanne, we could not accomplish all that we do!

Upcoming Events and Volunteer Opportunities

Thursday October 4, 2012

World Animal Day 3-7pm
at the Big Cat Habitat and
Gulf Coast Sanctuary, Sarasota
<http://bigcathabitat.org/>

Saturday October 13, 2012

Tampa Bay Veg Fest 10am – 6pm
Cotanchobee Fort Brooke Park
601 Old Water Street, downtown Tampa
<http://tampabayvegfest.org/>

Saturday October 13, 2012

Pet-A-Palooza 11am-5pm
Carlin Park of Jupiter
400 Old A1a
Jupiter, Florida 33477

Saturday October 20, 2012

Petco Adoption Event at
the Carrolwood PetCo 10am-4pm
13127 N. Dale Mabry Highway
Tampa
www.petco.com

Saturday October 27, 2012

Marine Quest 10am-4pm
at the Fish & Wildlife Research Institute
100 8th Avenue SE
St. Petersburg, FL 33701
<http://myfwc.com/research/about/outreach/marinequest/marinequest/>

If you would like to advertise in
our newsletter, please e-mail us
flparrotrescue@aol.com
Thank you!!

**Thank you Zupreem
for your
donation!**

Saturday November 3, 2012

Orlando Pet Expo 10am-6pm
Central Florida Fairgrounds, Orlando
<http://www.amazingpetexpoortlando.com/>

Saturday November 10, 2012

Dogtoberfest 11am-7pm
at Highlander Park – Dunedin, FL
(Michigan Blvd. & Pinehurst Rd.)
<http://dogtoberfest.info/>

Saturday November 18, 2012

Art 4 The Animals 12pm-5pm
Boca Raton, FL
<http://www.art4theanimals.com/>

Saturday December 15, 2012

Petco Adoption Event at
the Carrolwood PetCo 10am-4pm
13127 N. Dale Mabry Highway
Tampa
www.petco.com



We have tons of fun at events, so please considering volunteering with us. Event season is fall and spring and we need a lot of volunteers to work our booths and talk to people about proper care and diet of companion birds as well as adoption and fostering!





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FEATURED FLORIDA PARROT RESCUE VETERINARIAN CLINIC OF THE QUARTER: COUNTRYCHASE VETERINARY CLINIC

We have decided to spotlight one of our area veterinary clinics in each newsletter. This edition, we will highlight our Tampa veterinary clinic CountryChase Veterinary. CountryChase is a full-service medical, surgical and dental clinic as well as cold-laser therapy. CountryChase has three veterinarians who see birds, including a board certified avian veterinarian. In addition to medical services for dogs, cats, birds and other exotics, they offer grooming services 3 days a week. CountryChase also has two veterinarians that offer integrative medicine such as acupuncture and herbal therapy. They also offer boarding for cats as well as avians and exotics. Please visit www.ccvets.com to see their website for more information, or call 813-814-1814.

In addition to the discounted services that CountryChase offers us, they give all of our adopters a **FREE** initial examination, and will give us a referral credit to us for anyone who says they were referred by Florida Parrot Rescue.

As always, thank you to ALL of the veterinary offices that work with Florida Parrot Rescue, providing us with generous discounts and constant support: CountryChase Veterinary Clinic in Tampa, Timberlane Animal Hospital in Plant City, East Orlando Animal Hospital, The Exotic Bird Hospital in Jacksonville, the Avian & Exotic Clinic of Palm City, the Animal Clinic in Port Charlotte, the Lake Howell Animal Hospital, the Animal Hospital of Pensacola, the Weston Road Animal Hospital of Weston, the Broward Avian & Exotic Animal Hospital of Deerfield Beach, Blue Pearl Veterinary Specialists in Tampa and the Ark & Bark Animal Clinic in Palm Bay.

WAYS YOU CAN HELP FLORIDA PARROT RESCUE!

There are many ways YOU can help Florida Parrot Rescue! You can adopt, foster or volunteer! You can also donate monetarily to help care for the birds and you can donate items such as cages (no rust please!), bird toys and food. Since Florida Parrot Rescue is a 501c3, all volunteer run, non-profit organization, all donations are tax deductible!

You can also participate in one of the many raffles we hold throughout the year. We currently have a raffle to win a 5 night Western Caribbean Cruise for 2 aboard the Jewel of the Seas leaving from Tampa on February 2, 2013 (over Valentines Day!) Tickets are only \$20 each and we will only be selling 125 tickets, so the odds are very good for winning! Raffle sales will end on October 7, so please buy your ticket today through the following chipIn link: <http://floridaparrotrescue.chipin.com/florida-parrot-rescue-5-night-western-carribean-cruise> The official rules can be found at that link. If you can not use ChipIn, you can also paypal funds to us at flparrotrescue@aol.com, please make sure to detail what the funds are for and include your full name, address and phone number. And make sure to read those official rules before purchasing!

In addition, you can also purchase your avian supplies through Florida Parrot Rescue. Since FPR is an all volunteer run rescue, all proceeds from the sales go directly to the rescue to help pay for veterinarian bills and rescue running costs. FPR sells food, cages, toys and other accessories at very competitive prices online, all delivered directly to your doorstep! We are currently working on our website at <http://www.fprbirdsupplies.com>. You can purchase some items off of this website at this time, but we are adding more items daily. Eventually, we will have hundreds of products available on this website. We also occasionally sell items through our eBay store.

While we work on building our eBay store and our website, you can also e-mail us at flparrotrescue@aol.com for a full PDF catalog from which to order through e-mail. Thanks everyone and Happy Shopping!!

Healthy Food Choices for your Parrot: MAKING HEALTHY HOMEMADE BIRD BREAD & TREATS!

by: Michelle Magnon

Michelle is from Tucson, Arizona and has shared her home with parrots for over twenty years. She enjoys coming up with new healthy recipe ideas for her flock of six pampered parrots: Aztec the Blue and Gold Macaw, Apollo the Umbrella Cockatoo, Einstein the African Grey, and the three conures; Paulie, Tiki and Marigold. Michelle has recently agreed to be our columnist for "Healthy Food Choices for your Parrot" and we are very excited! We can't wait to see what she will cook up next!

These are wonderful and healthy snack and treat ideas, however they are not meant to replace a nutritious well rounded diet of quality pellets, fresh vegetables, leafy greens, sprouts, edible flowers, herbs, fruit and sprouted seeds.

Bird Bread is easy and fun to make, and it's so nice to see how much your birds enjoy it. There is nothing like the smell of fresh baking bread in your home. However, be prepared to bake a second batch of bread for the human family too because everyone is going to want some!

Bird Breads have gotten a bad rap over the years for being unhealthy, high in sugar, carbohydrates and calories. Store bought breads or mixes are full of preservatives and chemicals. This is in order to extend the shelf life at the grocery store and at home. Your bird is much smaller than you are so the preservatives, sugar, salt and chemicals in people foods like this are too much for them. Did you know that you can still make fresh homemade bread for your birds and make it a healthy meal or snack? It's easy and inexpensive to make, and is so much more nutritious when it's homemade!

Bird Breads are also wonderful for getting picky birds to eat good foods. You just stuff your bread full of various vegetables, leafy greens and even a little fresh fruit. Even picky birds will often readily accept a bird bread and will get their veggies that way. There is no set recipe for bird bread; it's okay to experiment, try something different each time. The variety in it each time is good for them as well as keeps it interesting.

The importance of flour.

This is your bread base, so make it count. No more corn bread mixes, again they are very high in salt, sugar, fat and chemicals. There are concerns that those types of ingredients can make your bird very sick, can cause health problems, and even behavioral problems or feather picking. You can avoid all of those types of ingredients easily when it's home made. There are so many different options for low carb, low fat and low sugar flours for making your bread. There is spelt, oat, teff, quinoa, buckwheat, garbanzo, amaranth, and millet flour options. You can buy these at your local health food store or grocery store, you can even grind them yourself to make your own flour. Spelt flour is actually a really good baking flour alternative, and it sticks well so it holds all of the vegetables together really well.

I most often use spelt as my base. Then I always mix one or two other flours in with it, buckwheat is my next favorite. Add a couple spoonfuls of coconut flour or almond flour to it for a special treat. You can even skip using flour altogether and just use ground pellets as your base.

You can add an egg to your bread, but you can easily leave it out too. Flax or Chia seeds with a little water added to them will form a very nice and healthy egg substitute for breads. I usually skip the egg and just go with the flax and chia. The whole point of bird bread is to be able to get good healthy foods in there, so load up on this next part.

Add at least two cups of chopped or shredded vegetables. This can be as simple as one or two different kinds of vegetables, but the more variety the better. Berries are really good for your parrot too, and a super addition to their diet. I chop up a few fresh blueberries, blackberries or raspberries to put in the bread too. For another nutritional boost add some pureed pumpkin, plain unsweetened apple sauce, sweet potatoes or winter squash.

I just use one or two cups of my flour mixture, a little watered down chia or flax, then pack in two to four cups of chopped raw veggies. Baking soda and baking powder is not needed for bird breads. The bread will be dense and flat. A large shallow baking dish is best so you can get little serving sized squares when you cut it up. That's it, it's easy!

All of these recipes use ingredients that are human-grade and organic. Vary it each time you make your bread, measurements and ingredients don't need to be exact. This is just a general guide to get you started and give you some ideas.

- 2 cups flour (I used half spelt and half buckwheat flours for this batch)
- 1 cup liquid (unsweetened applesauce, pure unsweetened carrot juice mixed with water, or just plain water is fine too)
- ½ cup cooked wheat berries (simmer in water for an hour)
- ½ cup cooked lentils (simmer in water for 20 minutes)
- ½ cup cooked split peas, yellow or green (simmer in water 20 minutes)
- ½ cup raw broccoli florets, finely chopped
- 1 carrot, finely chopped
- 1 apple, finely chopped
- 2 sweet peppers, finely chopped
- 2 tbs almonds, finely chopped
- 2 tbs flax seed (ground to powder)
- 2 tbs raw shelled pumpkin seed
- 2 tbs sesame seed
- 2 tbs chia seed
- 2 tbs coconut oil
- sprinkle of cinnamon
- 1 egg (optional, you can always use the wet chia or flax seed instead)



I first mix the wet and dry ingredients separately; then blend them all together. The parrots often enjoy the wet mash type mix by itself too, I saved this portion of it for the bread. I bake it at 350 for about 40 minutes, I used a large shallow glass baking pan for this batch. Cool and cut into small squares. Every birdie gets one, then put the rest in the freezer so they can get a special treat each week.

Pellet Bird Bread

For those having trouble getting their bird to eat healthier pellets, this is a great transition method.

For this batch I used a half cup ground flax seed, half cup wheat germ, and a half cup flour. Trying using spelt, garbanzo, quinoa or buckwheat flours to keep it as healthy as possible. (As far as bread goes anyway.) Keep in mind you can also just skip the flour altogether and grind the pellets up to use them only. Then toss in generous amounts of shredded carrot, the parrot pellets, chia seeds, sesame seed, millet, chili pepper flakes and cinnamon. In another bowl mix the wet ingredients, an egg (optional), about a cup of liquid (I did a water and a pure organic carrot juice mixture), and a little spoonful of coconut oil. Then mix wet and dry together, add a splash of carrot juice if it gets too dry. Add some shredded veggies and then bake at 350 for 10 to 15 minutes for mini baking muffin size, or 30 to 40 minutes for a large rectangle baking pan.



I could almost pass these bird bars off as brownies for my company, what do you think?

I was actually just finishing off the bird leftovers in the freezer and I came up with this idea. I had a bag of a veggie Chop mix, and another bag of a cooked lentils, split peas with brown rice dish I had made for the birds. I just mixed the two together and added flour to make it all stick together. I alter the ingredients now each time I make it, depending on what I have in the house at that time. The birds enjoy the bars for something different, and they seem to like being able to hold onto their dinner.

1 to 2 cups of finely chopped veggies
½ to 1 cup of cooked lentils (or beans mix) with brown rice
½ cup cooked quinoa or cooked buckwheat groats (optional, I've done it with and without)
¼ to ½ cup cooked millet
1 cup apple sauce (or you can use pureed pumpkin)
1 ½ cups mixture of buckwheat and spelt flours



Ingredients for this batch:

Carrots with tops, broccoli, zucchini, bok choy, parsley and ginger root. Mixed with apple sauce and whole grain flours. Added to cooked lentils, brown rice, buckwheat, sweet potato, millet, cooked yellow and green split peas. Toppings: red chili pepper flakes, chia, sesame, flax and millet. Sprinkled with toppings. Bake about 35 minutes at 350 degrees, cool and cut into bars.

Pumpkin Cranberry Birdie Treats

1 cup whole grain flour (I usually mix two of them; garbanzo, quinoa, buckwheat or spelt flours)
½ cup dry oats
½ cup wheat germ (optional)
¼ cup millet
½ cup ground flax seed
2 tbsp cinnamon
½ to 1 cup of pumpkin puree
½ cup mix of carrot juice, 100% pure and organic, and water (optional, I use this when I don't have the pumpkin)
½ cup water
1 ¼ cup Fresh Cranberries, rinsed then chopped
½ cup chopped almonds and walnuts
1 finely ground up orange (I put it through the food processor)
1 cup finely graded carrot
2 tbsp coconut Oil
1 egg (optional)

Just before baking the tops are sprinkled with red pepper flakes, chia and sesame seed.

Mix dry ingredients in one bowl, wet ingredients in another bowl, then combine them until all is moist. Half fill mini baking cups. Bake at 350 until golden brown (about 15 minutes). If using a baking pan cook twice as long and cut into small squares once cool.



Okay so I kept seeing these great parrot “sweet potato balls” or “treat balls” recipes and had to give it a try. I started with that basic idea, and then went from there changing and adding ingredients as I went along. I call these “Healthy Bird Bonbons”, just because I like the sound of that better. Don’t let the bonbons part fool you though, these are a great nutritious snack. They are fun to make and the parrots just love them. I vary it each time I make it.

Ingredients:

- pumpkin puree
- quinoa
- millet
- chia seed
- flax seed
- sesame seed
- cilantro or parsley
- red chili pepper flakes
- shredded leafy greens, veggies
- a spoonful of shredded raw unsweetened coconut
- maybe a few finely chopped berries
- sprinkle of chia, flax, sesame on tops



Start with one cup of quinoa; rinse, soak in water for five minutes, then rinse again. Now simmer the quinoa, covered, in 2 cups of water until liquid is absorbed (about fifteen minutes). Remove from heat. Next add 1 cup of pumpkin puree (I just use plain canned pumpkin) to 4 tbs whole grain flour (I use spelt flour). Now mix this into the quinoa. Next add some shredded leafy greens, cilantro or parsley and peppers. Add some finely chopped veggies, I use the food processor for this. For some dry ingredients I used sprinklings of millet, chia, sesame, flax and red chili pepper flakes. Mix everything up together now. Sometimes I add a few chopped berries and coconut shreds. Gently form and roll spoonfuls of the mixture into little balls, this is done easily with disposable food prep gloves on. I then sprinkled a little chia, flax, sesame on the tops. Bake at 350 until light golden brown. I only baked them 15 to 20 minutes, they were still very soft and moist, but it was just enough to set them so they weren’t mushy. Cool and serve, then freeze the extras.

Another batch of bonbons with carrots, broccoli and buck wheat groats.

*I have made this recipe before as simple as just adding a cup of chopped broccoli and carrots, so don’t feel overwhelmed by the ingredients list I used for this batch. I had just made a big batch of fresh Chop so I used that for my cup of veggies to add this time.

dandelions	collard greens
kale	carrots with green tops
dill	beet greens (just the tops)
cilantro	red chili pepper flakes
celery	cooked lentils
winter squash	cooked millet
poblano pepper	cooked wheat berries
sweet peppers	cooked buckwheat groats



Pictured are the ingredients in this Chop batch I used for the veggies portion of this recipe.

Hemp Nut Bird Bread



First bowl, dry ingredients:

- 1 cup buckwheat flour
- 1 cup spelt flour
- ½ cup hemp hearts
- ½ cup dry oats
- ¼ cup almond meal
- ¼ cup coconut flour
- ¼ cup nuts (chopped, this batch, walnut and pine)
- 2 tsp ceylon cinnamon
- 2 tsp pumpkin seeds
- 2 tsp millet

also added a pinch of sesame seeds and a pinch of sunflower seeds

Second bowl, wet ingredients:

- 1 to 2 cups of pumpkin puree (canned is fine if you don't have fresh)
- 1 ½ cups water
- ½ cup flax seed
- 2 tsp chia seed
- 1 tsp chopped goji berries (I would use more than that if using fresh blackberries or blueberries)
- 1 to 2 cups of chopped veggies
- 1 to 2 cups of chopped leafy greens

Save a little extra of the raw oats and the seeds for sprinkling top. This will help entice any stubborn birds to try the bread.

Mix all of the dry ingredients in one bowl; flours, cinnamon, hemp, dry oats, and nuts.

Mix the wet ingredients in a separate bowl; adding the flax and chia seeds to the pumpkin puree and water (When flax or chia get wet they form a healthy egg substitute for baking.) Add the goji berries too so they can hydrate in the wet mix. Add the veggies and leafy greens. Let the wet mix set about fifteen minutes before stirring it into the dry mix, just until blended and no dry flour is left.

Spread thinly and evenly into large shallow baking dish, sprinkle some extra toppings over it. Bake at 325 for about 40 minutes. Your house now smells heavenly! Let it cool. Cut into little bird sized portion squares and freeze them.

PARROT APPROVED!

Aztec loves to eat his Mom's creations!



Happy the quaker gets some to himself!



Marigold & Happy enjoy their bonbon treats.



Shouldn't be a question.....

By: Miranda Hipps - North Florida Foster Coordinator for Florida Parrot Rescue

Bringing home a new bird? Regardless of where the bird comes from originally, you have to play it safe before introducing the bird to your existing flock. Whether you take a bird from a friend, a rescue situation, or a pet store, it is always important to exercise caution. This isn't just for the sake of the birds you already have. It's just as important for the new bird coming into your home.

Whatever the prior circumstances your new feathered friend came from, one thing they all have in common is that your home is new to them. Birds coming into a new situation have to get used to new people, new surroundings, new smells, sounds, etc. Keeping them in a separate, low-traffic area in your home will minimize the stress associated with acclimating to new surroundings and people. This also allows a quiet place for you to spend time with your new bird away from the distractions of the rest of your flock. Let them get used to you and your routine first, and it will be less stressful for the bird once they are introduced to their new feathered family.

In any creature, stress can weaken the immune system. Birds are no different. One of the tough things about having parrots is that they are wired to basically hide any signs of sickness so that they don't appear weak to predators. Don't ever assume that a bird is healthy just because it's eating and drinking and "acting" fine. By the time a bird is "acting" sick, you have an extremely ill creature on your hands. This is why it is super important to have your new bird examined by an avian veterinarian as soon as possible. Based on the findings of the initial exam and gram stain, the vet will recommend whatever additional testing he or she believes is necessary. There are many conditions that can affect a bird, ranging from vitamin deficiencies stemming from an inadequate diet to more serious, contagious diseases such as Polyoma and PBF (Psittacine Beak and Feather Disease). There are tests that screen for these viruses.

First of all, finding a space to quarantine is definitely an issue. The absolute ideal situation would be to have the bird in an area where there is absolutely no contact of any kind with your birds, which includes separate air ducts. Airborne viruses like PVD and PBF can be carried in such things as feather dust, on clothes, bowls, hair, etc. I don't know many people who have the luxury of having a completely separate space where they can be sure there will be no cross contamination between your new bird and your current birds. I always had that issue myself because although I could put the new bird in a separate bedroom, the air conditioning vents going into the room could carry feather dust into the other parts of the house where I kept my other birds. The best I could do at the time was to close the vent and use a fan and open the window to keep it cool. It wasn't foolproof, but it was better than nothing.

According to Dr. Terri Readdy from Country Chase Veterinary in Tampa, Florida, "Quarantine is simple & complex....first off, we do not know the causative agent of a lot of bird disease so we cannot know THE quarantine time period that is safe. In most zoo situations animals are quarantined for a couple weeks at least in areas with separate air handling systems inside each room or at least 30 feet apart outdoors. Clothing, gloves & hair covering is changed between locations or groups & healthy established animals are always cared for prior to new or ill animals. Most homes have a single air handling system & most of our new birds should never be instantly kept outdoors so for FPR this becomes a tough & sacrificial issue by each foster on an individual basis."

The most important thing is to get in the habit of keeping everything to do with the new bird separate from your existing flock. Have specific bowls and food set aside in a separate area for your quarantine bird. Wash bowls separately and don't use the same sponge. Use bleach on everything! Dr. Readdy also says: "to clean items properly it requires 180 degree water (no one has) with 1 part bleach to 9 parts water for 10 - 20 minutesmust be diluted to be effective & recommend removing organic debris before soaking in bleach in order to keep activity to clean up stuff." Worried about feather dust? Take care of your existing flock first and then take care of your quarantine bird. This way, you are done with your regular guys and don't have to go back and take a chance of contaminating them with new bird germs.

Whether you are welcoming a new family member or temporarily fostering a new bird, it is always wise to err on the side of caution rather than risk the health of your current flock or that of your new bird.

THE VET CHIRPS IN.....

AVIAN NUTRITION 101: CLIFF NOTES

I recently met a lesser sulfur crested cockatoo who weighed just under 1kg (2 pounds) at 990 grams. To give a point of reference, we would be happy if this bird got down to 500 grams (1.1 pounds), with most healthy sulfur crested cockatoos weighing between 300-400 grams (0.66-0.88 pounds). To look at this further, it is more than just being 490 grams overweight, it's being 200% overweight! Daily meals consisted of 1 cup of seeds, buttered toast, cheese, eggs, meat products, and other table foods as they were eaten by the owners. A pelleted diet and veggies were offered; however, he was not interested in them.

This bird suffered from fatty masses, sore infected feet, feather follicle cysts, Vit A and other nutritional deficiencies, beak and nail elongation with abnormal angles, liver disease, mineralization of the heart vessels, respiratory disease and the list goes on... Now this may be an extreme case of diets gone bad, but there is so much of this story that can be seen in nearly all overweight birds and those on an unhealthy diet. It greatly affects their quality of life!

Diet:

A healthy diet provided in proper proportion to the metabolic needs of a bird is necessary to maintain healthy weight, muscle stores, feather and skin quality, organ function, immune system, etc.

Seed diets are inappropriate for most birds, especially when consumed as the majority of the caloric intake. Remind yourself when you look in your pantry that the sunflower, safflower, peanut, corn and other seeds all make the bases for many of the OILS we use in cooking. Seeds also contain a high calorie and carbohydrate content. Feeding a diet comprised of seeds is like pouring oil on a piece of bread and eating that for every meal. (Drs. Susan Kelleher and Alan Fudge) Seeds are also deficient in 32 vitamins, minerals, and amino acid needed to maintain normal skin and feather quality, immune function and general health (Clinical Avian Medicine, Harrison-Lightfoot).

Pellets can be thought of as the bird equivalent to dog and cat kibble. They are complete, balanced, and formulated for various life stages and health issues. Just as with our cat and dog friends, special prescription diets exist for birds dealing with various health issues. It should be remembered that even pellets in excess can cause obesity so appropriate portions should be offered for birds that do not stop once they have their fill (think of them as the Labradors, Golden Retrievers and Beagles of the bird world). If offered an unlimited supply of food, most birds will eat 25-30% more calories per day than is needed to maintain a healthy weight, therefore, it is important to offer only the amount of food that the birds NEEDS to meet its daily requirements. Your veterinarian can help you implement a feeding program for your bird based on his or her needs and goals.

Pellets should make up about 50-60% of the total diet for most birds. What should you feed for the remainder? Add in veggies! Just as many owners add in green beans to their dog's diet to help make him or her feel full while on a weight loss plan, adding fresh, non-starchy veggies can help balance a bird's diet. Fresh vegetables supply healthy nutrients, provide satiation, and help control weight. Be sure to avoid fruits (high in simple carbohydrates) and starchy vegetables (high in complex carbohydrates) as any majority the non-pelleted diet portion. Choose a variety of colors (especially of yellow, red, and orange colors, dark leafy greens) and provide them in a bowl separate from the pellets. Peppers are a big favorite with Amazons, and the capsaicin (what gives peppers their punch) within many of the hot varieties has been show to help control some diseases, such as papillomas. Peppers are also high in Vitamin A, C, K, B6 and folate. It is so much fun to really look into the health benefits of the various vegetables out there when preparing them for your bird! Remember, vegetables do sour quickly so you will have to remove them after about a 3-6 hour period so your bird does not become ill from spoilage. Change the water at least once, if not twice daily, as many birds enjoy dipping their food in water bowls which can also serve as a reservoir for infection.

You might be wondering, what makes seeds, fruits and complex carbs so bad? It isn't that they are necessarily bad and shouldn't be part of a complete and balanced diet, but many of these items are used as much more than just supplements. We will save the longer discussion on reproductive stimulation and how it affects pet birds for another day, but I will say this: Seeds,



Dr. Shakeri and her Red Lored Amazon, Elliott. Elliott was adopted from the Wings of Wonder Rescue in Illinois.

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fruits and more calorie dense foods are often not readily available as easy pickings in the wild. These items are usually more prevalent during the breeding months and can actually stimulate unwanted reproductive behaviors in our birds, on top of creating an unhealthy diet if fed in excess.

The take home message should be this: It is great to feed your bird a variety of foods, especially fresh veggies. Fruits and seeds have their place as treats and occasional rewards in a diet, but over supplementation can lead to disease through nutritional deficiency and caloric excess. These items also stimulate reproductive disorders when provided in excess quantities. The benefits of a healthy diet are endless and the common goal is that our birds live longer, healthier lives.

Benefits of Healthy Weight Loss:

Decrease in Reproductive Behaviors: When calories are scarce one of the last things nature tells your body to do is make babies. This makes perfect sense, since a bird would be unable to support offspring if it is only finding enough nutrition to support its own needs. Fat (cholesterol) makes up the basis for all of our hormones, so a normal body weight promotes normal hormonal balances, too.

Increased Immune and Health Status: Not only is a lean body able to better fight infection, but it is also less prone to many of the disorders that arise with obesity, such as heart and artery disease, liver disease/failure, difficulty breathing, hormonal imbalances (such as diabetes), etc.

Decreased Inflammation in the Body

Improved feather and skin quality: This is important for all birds as bumps, cuts and scrapes are a part of life, but especially when feather destructive behaviors are a problem.

Increased Energy

Helps to relieve pain associated with Joint Problems/Arthritis

And many more...

Life Changes that Require More Calories:

Any increase in activity (such as flight in a bird that was otherwise sedentary)

Heavy Molting

Reproduction/Breeding

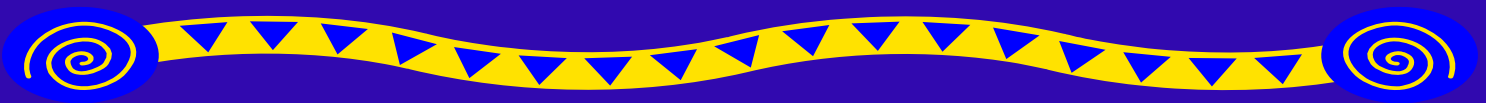
Illness of any kind

Bottom Line: Any condition or event that increases the metabolic rate and therefore the caloric needs of your pet

Notes:

These diet recommendations are not meant to be used for birds such as lorries that consume nectar based foods. Your veterinarian will help you extrapolate this information for your pet and advise you on its specific dietary needs.

Birds with very specific diet needs, such as soft bills, mynah birds, and toucans, or birds on special diets due to underlying health conditions should always consult a veterinarian when changing the diet to make sure it is complete and appropriate for the pet.



Blue Pearl Veterinary Services in Tampa is one of the many veterinarian offices that Florida Parrot Rescue utilizes throughout the state for the care of the birds in foster care. Their state-of-the-art hospital in Tampa is open 24-hours, 7 days a week, 365 days a year. They are available if your pet has an emergency when your family veterinarian's office is closed.

Specialty services are offered by appointment with a referral from your family veterinarian. Advanced diagnostic and imaging technology is available at the hospital including a CT scanner, MRI, ultrasound, two surgical suites and an intensive care unit staffed by 24 hours a day. The hospital is easily accessible from I-75, I-275 and Veterans Expressway.

Specialty services offered:

- 24/7 Emergency medicine
- Cardiology
- Dermatology
- Internal medicine
- Oncology
- Radiology
- Avian & exotic pet medicine
- Critical care
- Integrative medicine
- Neurology
- Ophthalmology
- Surgery

Blue Pearl Veterinary Services
3000 Busch Lake Blvd
Tampa, Florida 33614
813-933-8944

A POEM FOR THOSE WE HAVE LOST

Written by: Anne Kenyon

I didn't ask to be your pet,
You said you wanted me.
I was taken away from the world I knew,
Though not unwillingly.

I'd learned to trust the human hand,
With its soft and gentle touch,
So patiently I waited for
The caress I loved so much.

I meant no harm that day I screeched
I just wanted you to see
That someone lived behind those bars
I thought you had forgotten me

Then the human hand I loved so much
Came through my tiny door
But it offered me no gentleness
As it knocked me to the floor.

A feeling welled inside of me
Like I had never known
I felt frightened, hurt, confused and lost
Within the bars of my new home

But patiently I waited
For that hand to treat me right
But it rarely came to bring me food
And there were no toys in sight

In boredom and in loneliness
In hunger and despair
I slowly ripped my feathers out
But no-one helped, you didn't care

So I learned to hate the human hand
As it slammed down on my cage
It held a brand new meaning now
Fear, pain and rage

And then one day a stranger came
And to my great surprise
Gentle words came from her mouth
And tears welled in her eyes

But then the terror filled my heart
For that human who had cried
Opened up my tiny door
And put those human hands inside

I screamed in panic, fear and dread,
As I waited for the pain
That the human hand would give me
As it slammed me once again

But gently I was lifted
From my prison, cold and bare
But still I bit at those human hands
In my terror and despair

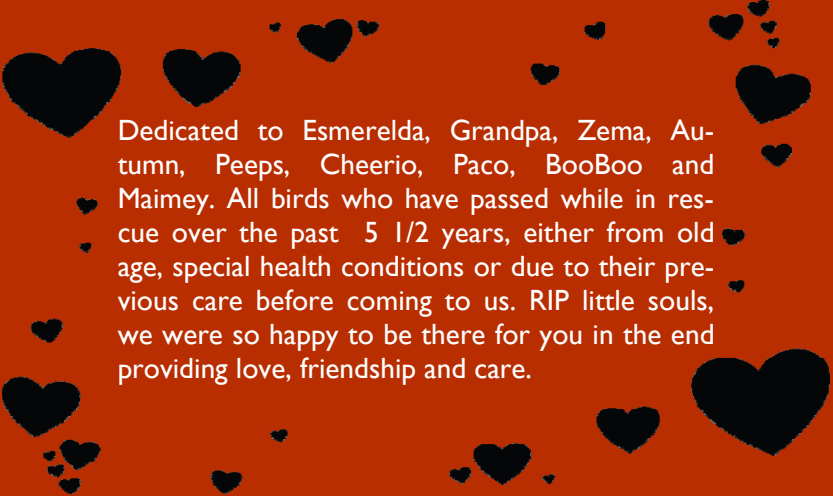
The new prison I was taken to
Was somewhat different than my home
Fresh food was all around me
And toy friends to call my own

And the human hands that touched me
Brought on me no more pain
And slowly as the weeks went by
My ravaged feathers grew again

And as the weeks passed into months
I began to understand
That once again I could begin
To trust the human hand

I'm old now, really very old
But my memories are clear
Of the gentle hand that soothed the pain
From the hand I'd learned to fear

I'm tired now, really very tired
Many years my life has spanned
So I close my eyes for one last time
Safe from harm in the human hand.



Dedicated to Esmerelda, Grandpa, Zema, Autumn, Peeps, Cheerio, Paco, BooBoo and Maimey. All birds who have passed while in rescue over the past 5 1/2 years, either from old age, special health conditions or due to their previous care before coming to us. RIP little souls, we were so happy to be there for you in the end providing love, friendship and care.

BIRD FOOD RECALL: ZUPREEM FRUITBLEND

Voluntary Product Recall Information of Medium/Large and Large Bird Premium Daily Bird Food

September 29, 2012 – ZuPreem®, under parent company Premium Nutritional Products, Inc. is voluntarily recalling the 11/30/13 and the 11/13 expiration date codes of ZuPreem Medium/Large and Large FruitBlend™ With Natural Fruit Flavors maintenance formula bird foods. This voluntary recall is being initiated because two lots may contain calcium levels higher than the recommended level. The voluntary recall is limited only to 11/30/13 and 11/13 expiration date. Consumers are advised to review the backside of packaging for the "Use by (expiration date)" to determine if the product has been affected by this voluntary recall. All ZuPreem channels, including distributors and retailers, have been notified of the voluntary recall. Each partner has been asked to immediately remove these products from store shelves.

The two voluntarily recalled lots are 598405052 and 598405072. The lot and expiration dates by sku, are listed below:

SKU	Net Weight	UPC	Use By	Lot Code
83020	2 lbs.	762177830209	Use By 11/30/13	598405052
83030	3.5 lbs.	762177830308	Use By 11/30/13	598405052
83120	12 lbs.	762177831206	Use By 11/30/13	598405052
83170	17.5 lbs.	762177831701	Use By 11/30/13	598405052
83350	35 lbs.	762177833507	Use By 11/30/13	598405052
84020	2 lbs.	762177840208	Use By 11/30/13	598405072
84030	3.5 lbs.	762177840307	Use By 11/30/13	598405072
84120	12 lbs.	762177841205	Use By 11/30/13	598405072
84170	17.5 lbs.	76211841700	Use By 11/30/13	598405072
84350	35 lbs.	762177843506	Use By 11/30/13	598405072

Products and product lots that do not appear on the list are not subject to this voluntary recall.

Reference images below to help identify lot numbers and expiration dates.

This voluntary recall has been activated due to elevated calcium levels. The calcium was inadvertently introduced in an isolated batch during the manufacturing process.

"Premium Nutritional Products is a family company that prides itself on over 40 years of safety, tradition and excellence in the pet-nutrition industry," said David Morris, President. "On behalf of ZuPreem, we apologize for any inconvenience this recall has caused bird owners and their birds. We are working with our industry partners to resolve all related issues as quickly as possible."

Customers who purchased these products should review the "Use by (expiration date)" to see if they fall within the voluntarily recalled product expiration dates and Lot Codes. If your product falls within these expiration dates and Lot Codes discontinue feeding this product. Return the product to your retail location where the product was purchased for reimbursement or replacement.

Additionally, consumers may contact the ZuPreem Customer Service line at 1-800-345-4767 where company representatives are responding to inquiries regarding pet health, product replacement/refunds and additional recall-based questions.



Finding
Forever
Homes for
Our
Feathered
Friends!

FLORIDA PARROT RESCUE, INC

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A 501C3 Non-profit, all volunteer run organization, serving all of Florida!

Phone: 813-516-1759

Florida Parrot Rescue is dedicated to the rescue and rehabilitation of companion parrots. We strive to educate parrot owners on proper handling and care of parrots. Should someone be unable to keep their bird(s) for ANY reason, we want them to know there is a place to turn, and that they are not alone. It is our goal to provide a safe haven for birds that cannot stay with their owners or birds in need, and then to find those birds forever homes with loving and responsible families.



Adoptable Bird of the Quarter: DIEGA (aka SCOUT)



Diega (aka SCOUT) is a 29 yr old blue & gold macaw who believes bald is beautiful and tattoos are cool. You see, many years ago, Diega was sexed and they injected some blue ink under her wing that has spread over the years into a distinctive mark unique to her. Don't let the lack of feathers throw you off this very special girl. She is sweet and loving, will go to anyone and rarely screams. Truly the perfect macaw for just about any home, this girl will make you smile every day. She loves to give kisses and will converse with you in both English and Spanish. She has learned to play with toys and loves the shiny clangy stuff and baby rattles are a particular favorite. She likes nothing better than hanging out with her peeps, is on a great diet and is ready for a great home. If you would like to read more about Diega's backstory, you can see that here: (<http://www.facebook.com/media/set/?set=a.10151976325960254.882835.208071225253&type=3>) If interested in adoption, please go to our website at <http://www.floridaparrotrescue.com> to fill out the application and once completed, e-mail it to us at flparrotrescue@aol.com.